

Together Towards a Better Tomorrow

Speaker Series



presented by
Hamilton FASD Parent & Caregiver Support Group

We are honoured to have the following speakers

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| Megan Tucker | Harm Reduction |
| Dr Jacqui Pei | Towards Healthy Outcomes for Individuals with FASD |
| Jodee Kulp | Isolation of a Caregiver |
| Barb Clark | Trauma Informed Strategies for FASD |
| Nate Sheets | Essential FASD Supports |

To Register for an event or for more info, please refer to Links below or the hamiltonfasdsupport.ca Training tab [LINK](#)

sponsored by Health Nexus Support Group Funding



Megan Tucker

Harm Reduction

Monday March 15th 8pm-9:15 (ESDT)

Cost: Free

Harm reduction is a practice used in the field of addictions and works on the premise of reducing the harms caused by drugs or alcohol on individuals and society while understanding trauma and adverse life experiences. This model is also very useful as a strategy for supporting individuals with FASD in many areas of their lives. This presentation will explore some practical strategies for support people can try, that will hopefully lead to less adverse experiences for individuals with FASD through understanding the brain.

Megan's presentation will cover the importance of harm reduction as it affects FASD as well as some practical ways caregivers can learn to implement harm reduction in daily life

Megan Tucker has been in the disability field for 20 years, 13 of those years working specifically with Fetal Alcohol Spectrum Disorder. Megan graduated from Grant MacEwan as a Rehabilitation Practitioner then studied Humanities at the University of Alberta. She is currently the Training Coordinator at the Lakeland Centre for FASD, which has allowed her to speak at national and international conferences as well as train multi disciplinary professionals throughout Alberta. Megan is also a Prevention Conversation Facilitator for the Lakeland Metis Network. Megan has worked for the Lakeland Centre since 2009 in multiple capacities and has gained a wealth of knowledge about FASD. Megan's role with The Centre has changed over the years starting with creating and implementing a one of a kind Transition to Adulthood Program for Youth with FASD, which is still operating today, followed by some time as a FASD Outreach Coordinator supporting families and schools after a child or youth went through the diagnostic process. Megan sits on multiple committees to support community wellness including the Elizabeth Settlement Restorative Justice Committee and Reconciliation St. Paul. She has contributed to a grassroots anti-racism research project which recently published the book: Restoring the History of St. Paul des Metis: Understanding the Metis Perspectives.

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Dr Jacqui Pei

**Towards Healthy Outcomes for
Individuals with FASD**

**Tuesday March 16 8-9:15pm (ESDT)
Cost: Free**



Achieving healthy outcomes for individuals with FASD requires working together towards meaningful goals for each individual. To support this process Dr. Pei and her team of researchers produced an evidence-informed model to help us to identify key needs for all humans - with specific consideration for how existing research specific to individuals with FASD can inform our practice. This model looks at intervention across an individual's developmental lifespan. It is enacted within interactive systems and is strength-based and empowered.

Jacqueline Pei (R.Psych., PhD) is a Professor in the Department of Educational Psychology and Assistant Clinical Professor in the Department of Pediatrics at the University of Alberta.

Also a practicing Registered Psychologist for the past eighteen years, Dr Pei began her career as a criminologist and forensic counselor working with incarcerated youth. Motivated by this early work, she returned to academia to study youth at risk, child development, and neuropsychology. Her current focus includes identification and evaluation of interventions to support healthy outcomes for youth put at risk, and in particular individuals with Fetal Alcohol Spectrum Disorders. Dr Pei has over 75 peer reviewed publications, but places the greatest value on her work with various community and government agencies. To this end, Dr Pei currently leads the Intervention Network Action Team (iNAT), and is Senior Research Lead for the Canada FASD Research Network, roles that facilitates the link between research, policy, and practice.

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Our sincere thanks to CanFASD for sponsoring her presentation



Jodee Kulp

Isolation of a Caregiver

Monday March 22nd 8-9:15pm (ESDT)

Cost: Free

This webinar is about helping YOU help YOU! FASD is a complex ongoing caregiving responsibility. For those who believed you signed on to the 20 year parenting plan, your time in the parenting trenches doubles to 40 as adult life settles in for the people we love. In 1997, just over a decade into parenting our daughter, I was told, "You have a 5% chance to live." Yikes! That woke me up! I did not want my husband left alone parenting our teenager recently diagnosed Fetal Alcohol Syndrome ALONE! People have asked how we have embraced FASD with such love - our daughter is not easy caregiving or parenting. What made the difference? Grab a cup of something warm and settle in to learn and grow.

Jodee Kulp, has lived her entire life in Minnesota. Few pioneers must not only pave the path for others to follow...but also must define the landscape to illustrate its existence. Jodee has written and published more books about Fetal Alcohol Spectrum Disorders than any other parent advocate in our time. Her work has assisted thousands of families and individuals living with FASDs. She has opened understanding for professionals to help parents and their children. Jodee's expertise and experience are surpassed only by her creative insight in presenting complicated information uniquely and entertainingly. Jodee's current FASD supporting projects include, Expanding Minds with Canines, parent consultant on Embraced documentary, and care-coordinator for a double organ transplant for her daughter, Liz Kulp.

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Barb Clark

Trauma Informed Strategies for FASD

Wednesday **March 24th** 8-9:15pm (ESDT)

Cost: Free



Traditional consequence-based behavioral intervention strategies are often ineffective with individuals with an FASD and can lead to turmoil in the family, school or community setting. Trauma-informed approaches respond to the neuro-behavioural aspect behind the behaviour; more effective, but requiring intention and effort hard to implement. Come learn responses to challenging behaviours that promote relationship and healing, creating an environment in which individuals with an FASD reduce anxiety and increase capacity.

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Barb Clark is a parent who has made a ton of mistakes and has lived to tell. She is now passionate about sharing her mistakes with other parents and professionals to make their journey smoother than hers was. Through humour and real life experiences, she shares information about how trauma impacts children's brains, and how to move away from consequence based strategies and instead use strategies that promote relationship and attachment building. She has a particular passion for educating others on Fetal Alcohol Spectrum Disorders, trauma informed parenting strategies and parent support networks which she does through her position at the North American Council on Adoptable Children (NACAC) as well as through her work as an FASD Consultant.

To Register for this event
click the Link below

Eventbrite link to Register: [LINK](#)





Nate Sheets

Essential FASD Supports

Saturday March 27th

10-11:15am (ESDT)

Cost: Free

People with FASD navigate a world that does not understand their brains. While parents try many therapies and approaches, it is hard to find effective and practical strategies to help their children learn, connect, and safely engage with others. In this presentation, FASD consultant Nate Sheets walks participants through practical strategies they can begin to use right away, as well as tips on how to avoid unhelpful strategies and responsive while supporting someone with an FASD.

Nate Sheets is an FASD behaviour consultant, trainer, and advocate with over 12 years of experience working with children and adults with developmental disabilities. His experience working directly in family and foster homes has given him a unique perspective of the practical struggles that occur when multiple systems interact with a person with "challenging behaviours", and the stress that these systems cause. Nate's biggest interest is neuroscience, which he uses to help parents, professionals, and systems evaluate if our expectations, traditions, and practices truly align with how our brains work. He created Cognitive Supports, a framework guiding families and professionals to shift perspectives on challenging behaviours and proactive supports. Nate lives in Eugene, Oregon and works with clients all over the world. His free videos on Youtube are watched by parents and professionals all over the world. (youtube.com/oregonbehavior)

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